

## **ABSTRACT**

**Title (Thema works):** A Critical Analysis and Evaluation of Own Sports Career

**Student:** Jiří Mužík

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**Aims of the dissertation:** A brief description and critical evaluation of Jiří Mužík's sports career in the period 1986-2006 by way of analysis of training document content and personal reflection.

**Methodology of work:** Analysis of training document content in the 20-year sports period from 1986 to 2006 within which Jiří Mužík gradually came to specialise in 400m hurdles. Completion of training indicators and competition data and at the same time implementation of personal reflection covering the entire sports career.

**Results of the thesis:** Each year of Jiří Mužík's sports career was addressed as were simultaneously the general training indicators in each of these periods. Each year was critically assessed to probe for possible problems in periods of preparation or competition. Reasons for performance stagnation on the level of 48, 70-49, 50 seconds in the years leading up to injury were found. The stagnation is attributed to a certain 'fixing' of a slower style of running during the start of a competitive run. One of the reasons could be the changing over from a 13-step rhythm in the first half of the track to a 14-step rhythm. With regards to achievements, Jiří Mužík competed at five outdoor World Championships, three European Championships, two Olympic Games and two indoor European Championships. In one instance it was a case of representing Europe in the World Cup. At present, Jiří Mužík is returning repeatedly to professional sport after serious injury to his right knee.

**Key words:** athletics, sports career, critical evaluation, Jiří Mužík, 400m hurdles, autobiography.